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homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Thursday, November 13, 1941

QUESTION BOX

:How cook and serve artichokes? :
:How cook a wild duck? :
:Difference between plum pudding:
: and fruit cake? :

ANSWERS FROM:

home economists of the U. S.
Department of Agriculture.

--ooOoo--

Our mailbox today has several questions on foods. Home economists of the U. S. Department of Agriculture have supplied the answers.

The first question is about artichokes. A housewife asks how to cook and serve them.

The home economists say artichokes are of 2 kinds-- the French or globe artichokes, and Jerusalem artichokes. The globe artichokes look like-- and are-- large, green, unopened flower buds. They come chiefly from California, and are considered more or less delicacies on the table. Unless they are very large, allow one to a person, and serve them as a separate course, or as the vegetable with the meat course.

To cook globe artichokes, trim the bottom or stem ends a little, and pull off any dry leaves. Wash them and drop into lightly salted boiling water in an open kettle to keep the green color. Simmer for 20 to 30 minutes. When you can pull off a leaf easily, the artichokes are done. Serve them on individual plates, with small individual dishes of melted butter, drawn butter sauce, or Hollandaise sauce.

To eat them, you pull off each leaf or scale with your fingers, dip the bottom in the melted butter or sauce; then eat the thick part and discard the rest. After the leaves are gone a round fleshy center with a hairy top is left. This is called the "choke." Scrape the hairy top off to reach the heart, which is the delicacy of the whole artichoke. You can buy these artichoke hearts

